

Free

ingles table

SUMMER FRUIT IS BACK!

Summer is here and that means the return of Summer fruits, outdoor grilling, and festive gatherings with friends and family. You'll notice that most of the recipes in this issue have incorporated delicious Summer fruits into them. Besides the added sweetness and complexity, you know that everyone starts enjoying food with the eyes first, so why not add a pop of color?

Remember that if it's hot out and you don't feel like cooking, the Ingles Deli and Bakery is always there to help you out. Delicious fresh salads, tasty rotisserie chicken, an array of meats and cheeses, sliced fresh to order, sumptuous desserts, fresh baked breads, and much more... prepared in-store by our talented team.

Another great place to check out is our Produce department. Starting with our fresh-made guacamole and tortilla chips... once you try them, you'll be hooked. You'll also find a huge assortment of fresh cut fruit and vegetables, saving you time when preparing any recipe so you can get out of the kitchen quicker and join the fun.

Finally, the Ingles Table is more than this magazine. Visit ingles-markets.com to find even more incredible recipes with instructional videos, printable shopping lists, tips and tricks, and more.

From all of us to you... get outside and enjoy the Summer!

-Cindy

Cindy Mixon
Vice President Deli/Bakery/
Starbucks, Ingles Markets

Summer isn't really Summer without S'mores. Head over to ingles-markets.com to get Chef Derek St. Romain's recipe for the most decadent version you've ever had.

Editorial Director: **Melissa Leavell, PhD** - Advertising Director, Ingles Markets | Creative Director: **Michael McMurtrey**/Blueplate Creative
Food Stylist: **Michael McMurtrey** | Event Coordinator Manager: **Ruby Candela** | Photography: **Roger Downes + Aubrie McGuffey**/Downes Media

© 2021 Ingles Markets, Inc. All rights reserved. All articles in the Ingles Table™ magazine are written and edited by professionals. Ingles Markets makes no representation as to the accuracy or efficacy of information provided. Reproduction in whole or part is prohibited without permission of the publisher.

- 
- 4 Summer Ambrosia
 - 5 Grilled Chicken Kabobs
 - 6 Quinoa Salad
 - 7 Cinnamon Chips and Fruit Salsa
 - 8 Tuna Mango Tartare
 - 9 Smoked Blue Cheese Wedge Salad with Candied Bacon
 - 10 Pineapple Pulled Pork Tacos
 - 11 Florida Sour Orange Pie
 - 12 Shrimp Pad Thai
 - 13 Okra and Corn Succotash
 - 14 Campfire French Dip
 - 15 Mango and Black Bean Salsa
 - 16 Greek Orzo Salad
 - 17 Tuna Poke
 - 18 Shrimp Over Roasted Corn Salsa
 - 19 Watermelon Summer Salad
 - 20 Get Refreshed
 - 22 French Fruit Tart
 - 23 Fresh Fruit Cobbler on a Stick

This tasty tuna salad recipe by GeeGee Palmore is available exclusively at ingles-markets.com



Leah's TIPS

SUMMER FRUITS BERRY BONANZA

Summer is the time when we start seeing all of the locally and regionally grown fruits, and especially berries...strawberries, raspberries, blueberries, blackberries.....

Berries provide a great source of nutrition with vitamins, minerals and fiber and are relatively low in calories and carbohydrates, so they can fit into most all diets - even those that are "low carb" like the "Keto diet." Did you know 1 cup of any of these berries is less than 100 calories?!

1 cup of blackberries - 62 calories - 14 grams of carbohydrates
1 cup of raspberries - 65 calories - 15 grams of carbohydrates
1 cup of strawberries - 47 calories - 11 grams of carbohydrates
1 cup of blueberries - 85 calories - 21 grams of carbohydrates

BREAKFAST

Add berries to cereal, oatmeal or yogurt. Add fresh or frozen berries to smoothies. Top your pancake or waffles with a sprinkling of berries or just have a cup as a side with your eggs.

LUNCH

Add berries to salads or have berries as a dessert.

DINNER

Berries, can be added to grain and other salads like wild rice, quinoa and couscous. Have berries as a dessert.



Leah McGrath, RD, LDN
Corporate Dietitian Ingles Markets
@InglesDietitian
800-334-4936





CHEF ABBY J
Founder of Abby J's Gourmet
Proprietor Blackhawk Flyfishing

Summer Ambrosia

SERVES: 6

- 1 cup fresh blueberries
- 2 cups fresh blackberries
- 1 (16-oz.) container fresh strawberries, halved
- 2 nectarines, sliced
- 1 lime, juiced
- 3 tbsp. honey
- 1½ cups mini marshmallows
- 1 tbsp. chopped fresh mint
- ½ cup toasted, unsweetened flaked coconut

Stir together strawberries, blueberries, blackberries, nectarines, lime juice, and honey in a large bowl until combined. Fold in marshmallows and mint. Sprinkle with coconut.

This ambrosia is so tasty and versatile... have fun with it. Serve over a key lime pie, in a martini glass, or even in a waffle cone or bowl.

FIRE UP THE GRILL!



CAROLINE TAYLOR
Market President, iHeart Media

Grilled Chicken Kabobs

SERVES: 4

CHICKEN:

- 4 boneless skinless chicken breasts, cut into 2 inch chunks
- ½ cup olive oil
- ¼ cup fresh lemon juice
- salt and pepper
- 1 tsp of rosemary, finely chopped

- 10 bamboo skewers, soaked in water for 30 minutes before using

VEGETABLES:

- 1 small container cherry tomatoes
- 2 large yellow squash, cut into 2 inch chunks
- 2 large zucchini squash, cut into 2 inch chunks
- 1 large sweet onion, cut into 2 inch chunks

SALAD:

- 1 bag arugula, washed
- ½ cup feta cheese

- 1. Combine olive oil, lemon juice, salt and pepper, and rosemary. Reserve half of dressing and set aside. Combine the other half of the dressing and chicken in a large Ziploc bag. Let marinate in

the refrigerator for a minimum of 2 hours. Remove from bag and thread the chicken on bamboo skewers.

- 2. Thread the vegetables on bamboo skewers and brush with reserved dressing.
- 3. Grill vegetables and chicken on an outdoor grill until chicken is done and vegetables are just charred. Take vegetables off the heat before they are completely cooked. The residual heat will finish the cooking process.
- 4. Combine salad ingredients on a platter. Top with the grilled chicken and vegetables. Drizzle any remaining dressing on top and serve. **(Be careful not to cross contaminate!)**



CALEB OWOLABI
Fashion rockstar and
up-and-coming media mogul

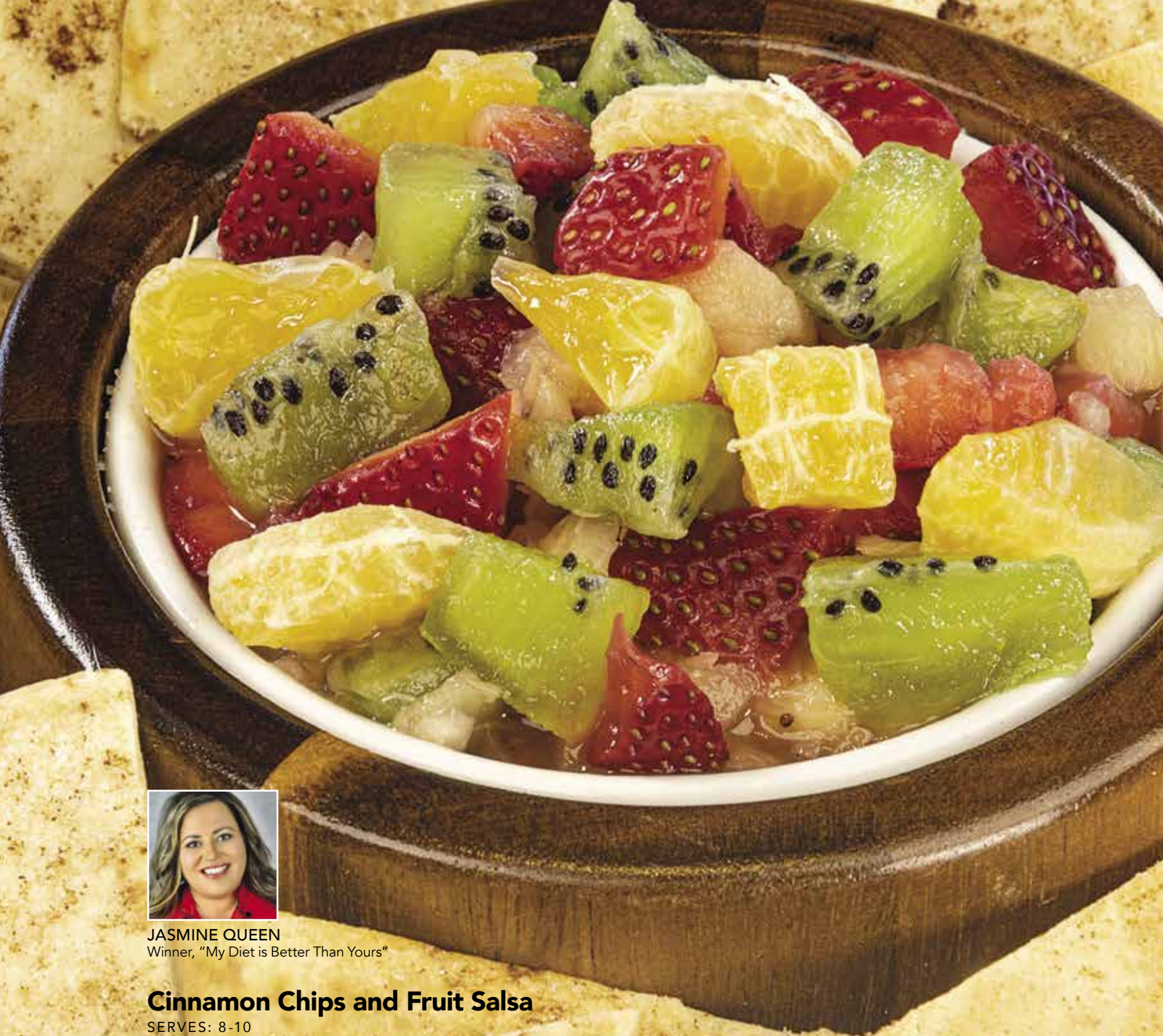
Quinoa Salad

SERVES: 2-4

- 1 cup quinoa, *rinsed and dried*
- ½ cup red bell pepper, *finely chopped*
- ½ cup green bell pepper, *finely chopped*
- ½ cup yellow bell pepper, *finely chopped*
- ½ cup carrots, *shredded*
- ½ cup red cabbage, *finely chopped*
- ½ cup mango salsa, *Ingles Produce Dept*

- 1. Rinse and strain quinoa in cold water
- 2. Let quinoa dry
- 3. Bring 1 ¼ cups water to boiling, add quinoa and cook for 10-15 minutes
- 4. Strain quinoa and add to a mixing bowl
- 5. Add the rest of the ingredients, stir well

Add Color, Get Flavor!



JASMINE QUEEN
Winner, "My Diet is Better Than Yours"

Cinnamon Chips and Fruit Salsa

SERVES: 8-10

FRUIT SALSA:

- 1 cup fresh strawberries, *finely chopped*
- 1 medium navel orange, *peeled and finely chopped*
- 3 medium kiwifruits, *peeled and finely chopped*
- 1 (8 oz.) can unsweetened crushed pineapple, *drained*
- 1 tbsp. lemon juice
- 1½ tsp. sugar

1. Preheat oven to 350°F.
2. In a small bowl, combine the fruit salsa ingredients. Cover and refrigerate.
3. Brush each tortilla with melted butter; cut each into 8 wedges.

CINNAMON CHIPS:

- 10 8-inch flour tortillas
- ¼ cup butter, *melted*
- 1/3 cup sugar
- 1 tsp. ground cinnamon

4. Combine sugar and cinnamon, sprinkle over wedges. Place on ungreased baking sheets.
5. Bake for 10-15 minutes, until crisp.
6. Serve with fruit salsa.

I suggest getting your sushi-grade tuna frozen from the Ingles Seafood department because it is always at its freshest.



SCOTT CULPEPPER

Proud Marine with a passion for aviation and Southwestern cooking

Tuna Mango Tartare

SERVES: 2

- 6-8 oz. un-cooked sashimi-grade tuna, *diced small*
- 1/4 fresh pineapple, *diced the same size as the tuna*
- 1/4 fresh mango, *diced the same size as the tuna*
- 2 tbsp. toasted sesame oil
- 1 tbsp. black and white sesame seeds

- 16 oz. fresh guacamole, *(Produce dept.)*

- 1 bag fresh-made corn tortilla chips, *(Deli dept.)*

1. Trim the predominant white membrane from the tuna and dice the cleaned portion into bite-sized pieces.
2. Dice fruit into bite-sized pieces.
3. Place tuna, pineapple, and mango in a medium size mixing bowl.
4. Add sesame oil and stir to coat completely.

5. Refrigerate for at least 60 minutes, or until ready to serve.
6. Create a foil ring of about 5" in diameter, place on the presentation plate and spoon in tuna mixture pressing firmly to fill the ring completely.
7. Raise foil ring to top of tuna layer and fill with guacamole, pressing firmly on top of the tuna layer.
8. Remove foil ring and sprinkle with black and white sesame seeds.
9. Garnish with tortilla chips.



CLARK NEAL
Unicoi Preserves

Smoked Blue Cheese Wedge Salad with Candied Bacon

SERVES: 4

- 4 oz. block smoked blue cheese, *divided*
- 3 tbsp. buttermilk
- 3 tbsp. sour cream
- 2 tbsp. mayonnaise
- 2 tsp. white wine vinegar
- ¼ tsp. granulated sugar
- ⅛ tsp. granulated garlic
- ⅛ tsp. Worcestershire sauce
- 1 head iceberg lettuce, *quartered*
- 1 pint assorted cherry tomatoes, *diced*
- 1 bunch green onion, *sliced*
- 4 slices thick cut bacon, *diced*
- 2 tbsp. Unicoi Preserves Apple Cider Pepper Spread
- Kosher salt
- freshly ground black pepper

1. In a mixing bowl, mash 2½ oz. smoked blue cheese and buttermilk with a fork until mixture is combined and resembles large curd cottage cheese.
2. Stir in sour cream, mayonnaise, white wine vinegar, sugar, granulated garlic, and Worcestershire sauce using a spatula. Season to taste with kosher salt and black pepper.
3. In a sauce pan over medium heat, cook the diced bacon, stirring occasionally, until the bacon is crisp and the fat is rendered. Remove from pan and drain on a plate lined with a paper towel. Drain rendered fat from pan and discard.
4. Reduce heat to medium low and return bacon to the pan. Stir in the Unicoi Preserves Apple Cider Pepper Spread and stir to coat the bacon. Continue to cook the mixture until the spread has reduced and thickened, approximately 5 minutes. Remove candied bacon to a sheet pan lined with parchment paper and allow to cool completely. Optional tip, place the sheet pan in the freezer to help the glaze set on the bacon pieces.
5. To assemble the salad, place an iceberg lettuce wedge on a plate and spoon over ¼ of the prepared dressing. Top each wedge with diced tomatoes, sliced green onions, and candied bacon pieces. Crumble the remaining blue cheese and evenly divide among the salads. Season with kosher salt and freshly ground black pepper and serve immediately.



Hint: Make the dressing the day ahead to let the flavors fully develop.

YAY, TACOS!

*Joe's Pineapple BBQ Sauce
recipe exclusively at
ingles-markets.com



JOE LASHER, SR
Co-Owner and Founder
M7 Event Solutions and Catering

Pineapple Pulled Pork Tacos

SERVES: 8

- 2½ lb. pork tenderloin
- 1 (28 oz.) can pineapple chunks, *with juice*
- ¼ cup soy sauce
- 2 tbsp. apricot preserves
- ½ tsp. garlic powder
- ½ tsp. pepper
- 10 6" corn tortillas
- ¼ cup fresh cilantro, *chopped*
- 8 oz. goat cheese
- ½ cup green onions, *chopped*
- ½ cup fresh pineapple, *diced*
- ½ cup fresh raspberries, *diced*
- Joe's Pineapple BBQ Sauce*

1. Place pork tenderloin in large crockpot
2. Combine pineapple juice from can, soy sauce, preserves, garlic powder, and pepper in a mixing bowl; mix thoroughly. Pour over the pork tenderloin and add all but ¾ cup pineapple chunks.
3. Set crockpot on low and let cook for 6-7 hours. Pork must reach an internal temp of 150°F, but for this recipe, I like to let go well past for tenderness.
4. During the last 30 minutes, shred the pork and let it cook in the juices for the remaining time.
5. Heat corn tortillas prior to serving.
6. Add shredded pork to tortillas and then spoon some pineapple BBQ sauce over the pork.
7. Add desired amount of goat cheese, green onion, diced pineapple, diced raspberries, and sprinkle with cilantro.

TANGY!



CHEF STEVE WORONOFF
Bed & Breakfast "Relief Innkeeper"

Florida Sour Orange Pie

SERVES: 6-8

CRUST:

- 10 graham crackers, (1 1/2 cups crumbs)
- 1/3 cup demerara sugar
- 4 tbsp. butter, melted
- 1 1/2 tsp. coarse salt
- 1/2 tsp. of ground cinnamon (optional)

FILLING:

- 1 (14 oz.) can sweetened condensed milk
- 6 tbsp. frozen orange juice concentrate, thawed
- 4 large egg yolks
- 6 tbsp. fresh lemon juice (about 2 large lemons)
- 2 tbsp. fresh orange zest
- 3 tbsp. fresh lemon zest
- 1 pinch of salt

1. Place your rack in the middle position and pre-heat oven to 325°F.
2. In a food processor, pulse graham crackers, sugar, and salt into crumb form, about 30 seconds. Add

melted butter; pulse until combined. Transfer to a 9-inch pie plate.

3. Using the bottom of a dry measuring cup or bottom of a glass, press crumbs firmly into bottom and up sides of the pie plate. Bake until fragrant and beginning to turn brown (12-14 minutes). Let cool for 30 minutes.
4. In a large bowl, whisk all of pie filling ingredients together, combining fully. Pour into cooled crust.
5. Bake pie until center jiggles slightly when shaken (20-22 minutes).
6. Refrigerate, covered in plastic wrap, for up to 24 hours.

IN-HOME TAKE-OUT



BRUCE BROWN

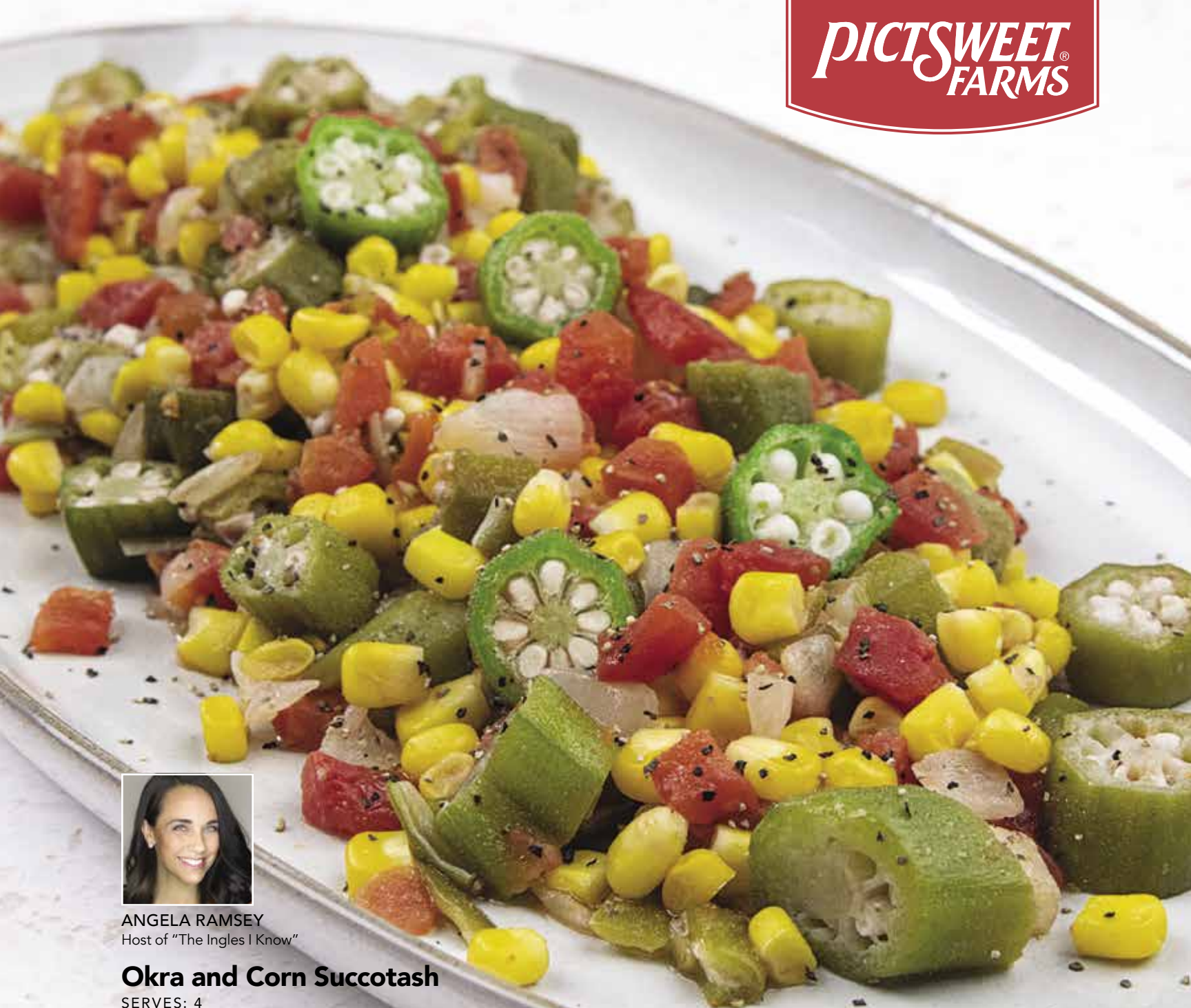
Chef/Owner, Bruce's Fabulous Foods
Star of ABC's "Carolina Kitchen"

Shrimp Pad Thai

SERVES: 4

- 8 oz. dried rice noodles
- 3 tbsp. soy sauce (or sub 3 tbsp. fish sauce)
- ¼ cup lime juice
- 2 tbsp. chili sauce (sriracha preferred)
- 1 tbsp. brown sugar
- ½ tsp. vegetable oil
- 2 eggs, lightly beaten
- 1½ tsp. vegetable oil
- 16 oz. fresh shrimp, peeled and deveined
- 1 tbsp. vegetable oil
- 12 oz. tofu, ½ inch dice
- 1 cup carrots, julienne
- 1 cup scallions, diced (whites only)
- ½ cup red bell pepper, seeded & julienned
- 1 tbsp. garlic, minced
- ½ cup jalapeño or poblano peppers, (use red or green bell pepper for less heat) seeded and julienned
- 1 cup bean sprouts
- ½ cup roasted peanuts, chopped
- 1 cup scallions, green only—thinly sliced
- 2 tbsp. fresh cilantro leaves, minced

1. In a bowl, rehydrate rice noodles in warm water, ten minutes. Drain and set aside.
2. In another mixing bowl, whisk soy sauce, lime juice, chili sauce and brown sugar. Set aside.
3. Heat a skillet over med-high heat until hot. Add ½ tsp. vegetable oil and swirl to coat the pan. Add beaten eggs and cook, spread out. Remove from skillet to a cutting board. Once cooled, roll up the eggs and thinly slice into ribbons. Set aside.
4. Add 1½ tsp. vegetable oil to a wok over med-high heat. Add the shrimp and cook until pink, removing to a bowl when done.
5. Add 1 tbsp. vegetable oil to the wok. Brown the tofu cubes in the oil, about three minutes, constantly stirring and flipping. Add the garlic, carrots, bell peppers, scallion whites and stir fry until softened, another three minutes.
6. Add the noodles and half of the sauce, stirring to combine. Simmer for one minute.
7. Add the egg ribbons and shrimp, lightly tossing to combine. Warm all ingredients thoroughly before laying on a serving platter.
8. Drizzle the remaining sauce over the dish, garnishing with the julienne peppers, bean sprouts, chopped peanuts, green scallions and fresh cilantro leaves. Serve immediately.



ANGELA RAMSEY
Host of "The Ingles I Know"

Okra and Corn Succotash

SERVES: 4

- 1 (12 oz.) package frozen Pictsweet Farms Cut Okra
 - 2 cups frozen Pictsweet Farms Cut Corn
 - 2 tbsp. butter
 - 1 cup frozen Pictsweet Farms Chopped Onions
 - 1 (14.5 oz.) can petite diced tomatoes
 - 1 tsp. sugar
1. Place frozen okra and corn in a saucepan, cover with water and bring to a boil. Cook for 3 minutes and drain.
 2. Melt butter in a large skillet. Sauté frozen onions until translucent.
 3. Add okra and corn and cook for 5 minutes, stirring occasionally.
 4. Stir in tomatoes and sugar. Cover and simmer for 15 minutes.

*This dish really
adds a splash of color
to your menu.*

COOKING WITH FIRE



MARK KEADY

WLOS News 13's Spotlight Carolina / Road Trippin' Actor, director, writer, marathon runner

Campfire French Dip

SERVES: 2

- 8 **tbbsp. unsalted butter, softened**
- 1 **package au jus gravy mix, separated**
- 1 **tbsp. Worcestershire sauce**
- ¾ **tsp. dried minced garlic**
- ½ **tsp. onion powder**
- ½ **cup red onions, sliced (optional)**
- 2 **6-10 inch crusty sandwich rolls**
- ¾-1 **lbs. deli roast beef**
- 6 **slices provolone cheese**

1. Preheat grill to medium-high heat (400°F) or the oven to 400°F.
2. Combine the softened (not melted) butter, 1 tbsp. of the au jus gravy mix, Worcestershire sauce, dried minced garlic, and onion powder in a bowl. Stir until completely combined; set aside.
3. Cut baguette into equal parts of about 6-10 inches in length. Next, make an odd number of slices (approx. ½ inch wide) into each piece of the baguette, cutting only about ¾ the way through. It's important there are an odd number of slices so that each sandwich has 2 pieces of bread.
4. Spread half of the butter mixture inside each slice of bread. Save half for later.
5. Add half a slice of cheese, along with 1 piece of roast beef, and desired onion (optional) in-between every two "slices" of bread.
6. Take the other half of the butter mixture

- and brush it along the tops and sides of each of the sandwiches with a brush.
7. Wrap each baguette in foil making sure none of the bread is exposed.
8. Place at the edge of coals of a campfire, turning every minute or so. Cook 7-9 minutes, or until cheese is melted (or bake in a 400°F oven for 10 minutes).
9. While sandwiches are cooking, prepare the au jus. Take remaining au jus mixture and place it in a small saucepan over medium heat. Add 2 cups cold water and whisk. Bring to a boil and then reduce the heat to a simmer to allow it to slightly thicken. (You can do this on the side burner of a grill or even over a campfire or make ahead of you bring these sandwiches camping.)
10. Remove foil packs and open carefully to let the steam escape. Pull apart the sandwiches and enjoy with the au jus.

SWEET HEAT



JASMIN QUEEN
Winner, "My Diet's Better Than Yours"

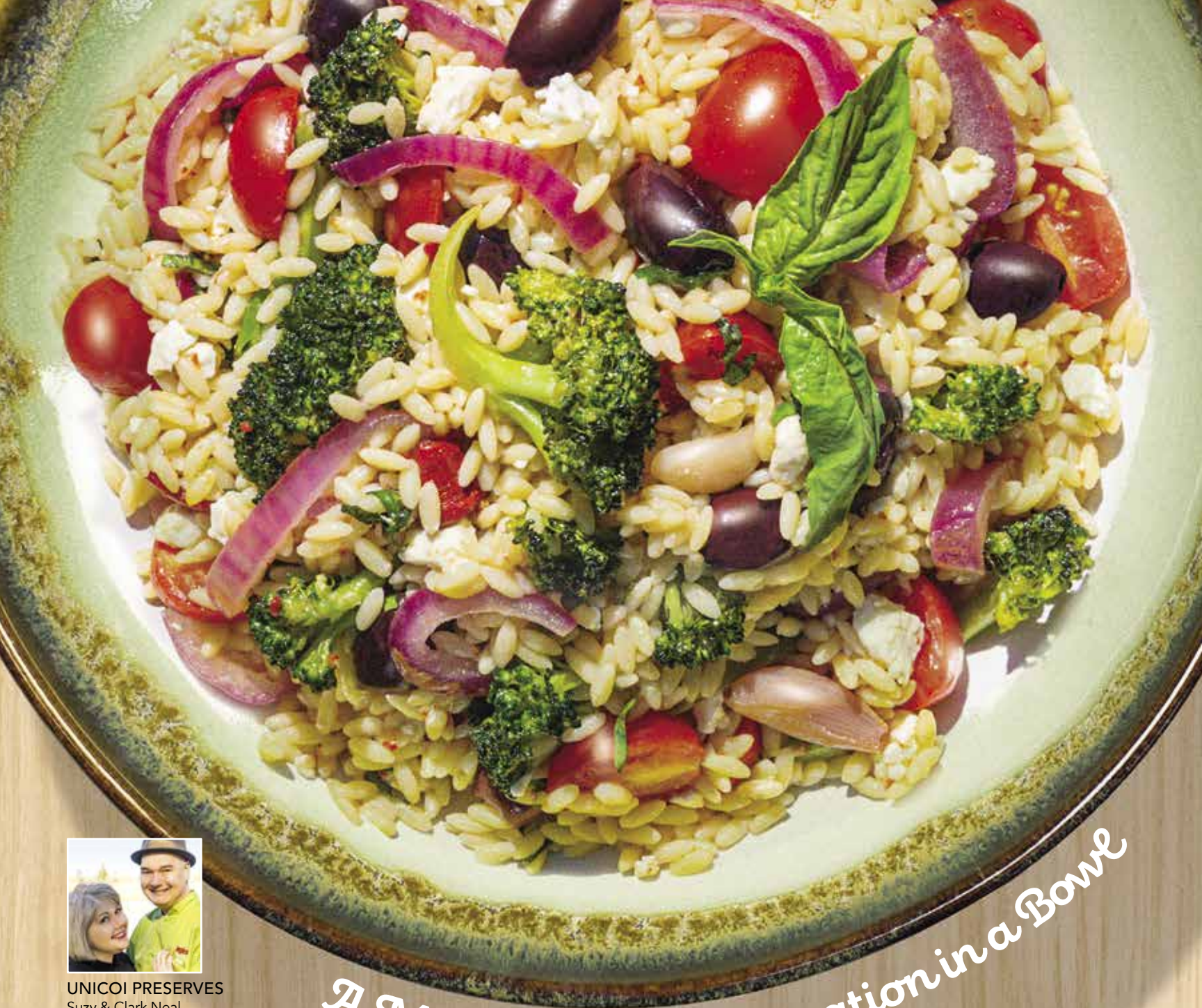
Mango and Black Bean Salsa

SERVES: 4

- 1 (15 oz.) can black beans, rinsed and drained
- 1 cup frozen mangoes, thawed
- ½ cup fresh jalapenos, diced
- ½ cup red onion, diced
- ½ cup cilantro, diced
- 1 avocado, diced
- ½ cup cherry tomatoes, sliced
- ½ cup English cucumber
- 1 lime, juiced
- salt and pepper, to taste

1. Combine all the ingredients together in a bowl and toss with lime juice.

Also great served as a salad.



UNICOI PRESERVES
Suzy & Clark Neal

Greek Orzo Salad

SERVES: 4

- 1 lb. broccoli florets, bite size
- 1 red onion, cut in half lengthwise, then cut into 1/4 inch slices
- 4 tbsp. Laura Lynn olive oil
- salt and pepper, to taste
- 1/4 tsp. red pepper flakes
- 1 lb. orzo pasta
- 1 pint grape tomatoes, halved
- 1/2 pint pitted Kalamata olives
- 16 oz. Laura Lynn Robust! Italian Dressing
- 6 oz. feta cheese crumbles
- 1/3 cup basil, chiffonade

1. Preheat oven to 425°F. Place broccoli and onion on a sheet pan, toss with olive oil, red pepper flakes, salt and pepper. Roast for 10-15 minutes or until broccoli is crisp-tender.
2. While veggies are roasting, cook orzo according to package directions, drain well and place in a large mixing bowl.
3. Add roasted veggies to cooked orzo. Stir in tomatoes, olives and Italian dressing. Fold in feta cheese and basil. Taste for seasoning, add salt and red pepper flakes if desired.
4. Can serve warm immediately or refrigerate to serve cold later.

A Mediterranean Vacation in a Bowl

A great do-ahead salad because it gets even more flavorful as it marinates.



JONATHAN AMMONS
Bartender • Cook • Writer
dirty-spoon.com @jonathanvv

Tuna Poke

SERVES: 2

POKE

- 2 raw tuna steaks, *sliced*
- 1 cup rice
- 1 avocado, *sliced*
- 2-3 green onions, *sliced*
- 2-3 radishes, *sliced*
- ¼ cup cucumber, *diced*
- ½ cup lettuce, *chopped*
- cilantro, *chopped, for garnish*
- sesame seeds, *toasted, for garnish*

POKE SAUCE:

- 3 tbsp. soy sauce
- 3 tbsp. sugar
- 3 tbsp. fish sauce

SPICY MAYO

- 3 tbsp. mayo
- 3 tbsp. sriracha

1. Cook your rice as instructed on the package.
2. Plate warm rice in a bowl.
3. Carefully slice raw tuna, against the grain.
4. Layer on the Tuna, sliced avocado, sliced green onions, diced cucumber, and chopped lettuce.
5. In a small jar or squeeze bottle, mix sugar, soy sauce, and fish sauce, shake until the sugar dissolves, and drizzle over the dish.
6. In another small jar or squeeze bottle, mix mayonnaise and sriracha, shake, and drizzle over the dish. Garnish with toasted sesame seeds and fresh cilantro. Alternatively, if serving a larger group, it can be fun to parcel out the ingredients into small serving cups and allow guests to customize their poke bowls on their own.

POKE AT HOME

HEALTHY & DELICIOUS



SWEET MEMORIES

Brother & Sister, John Gifaldi & Patty Heiden
Personal Chefs

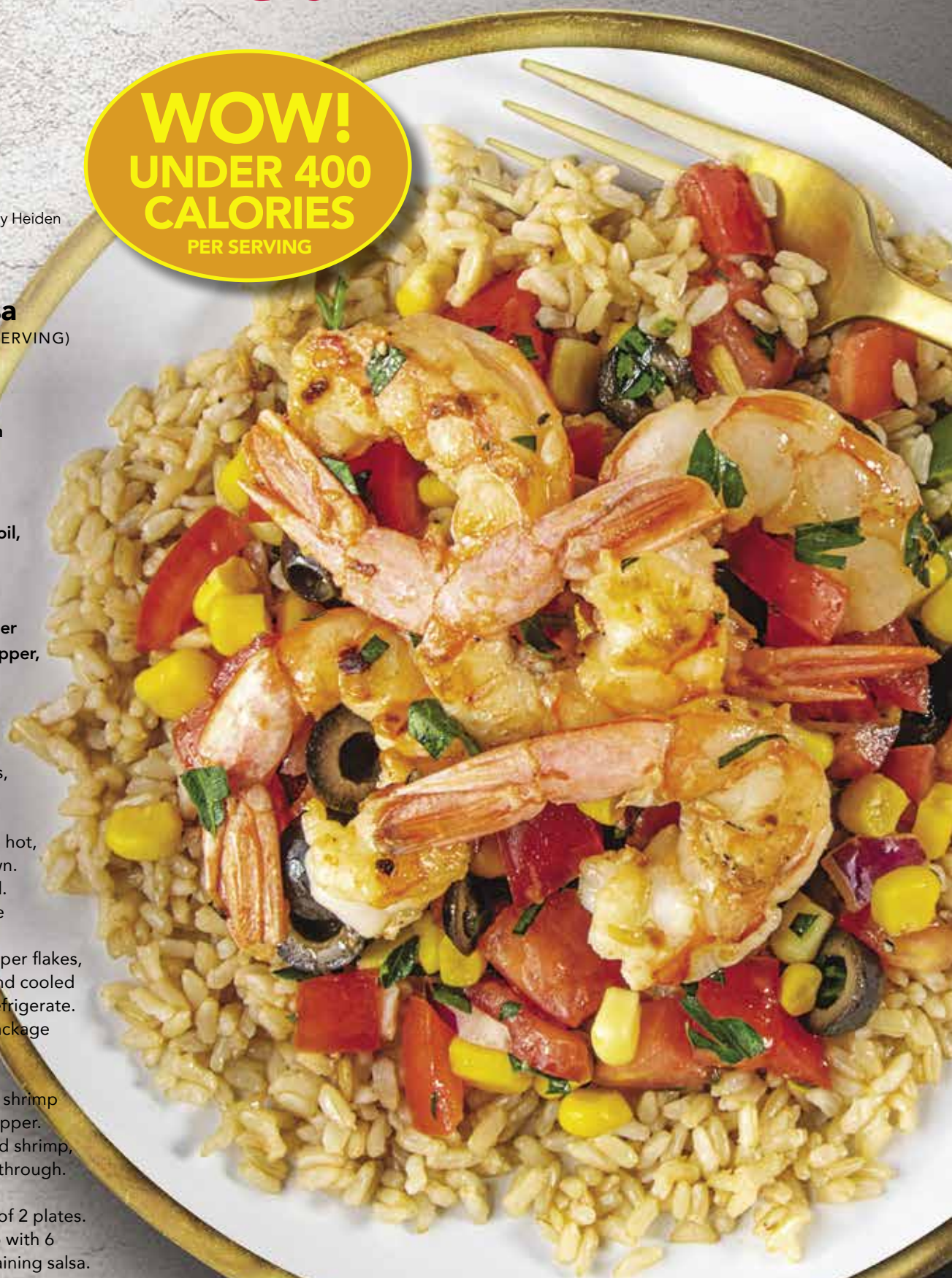
WOW!
UNDER 400
CALORIES
PER SERVING

Shrimp over Roasted Corn Salsa

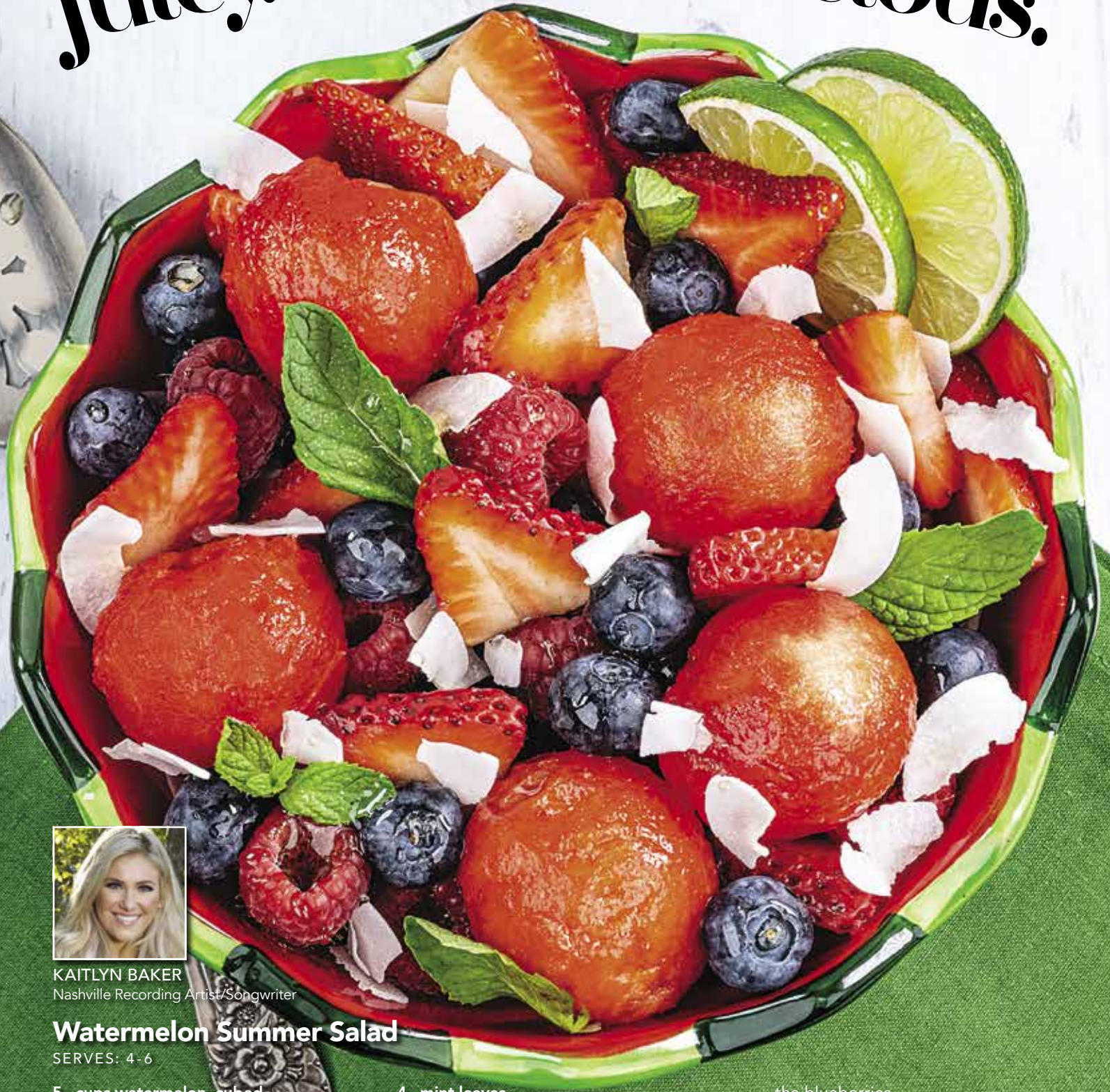
SERVES: 2 (395 CALORIES/SERVING)

- 12 large cooked shrimp, *peeled and deveined*
- ½ cup fresh or frozen corn
- 2 tbsp. cilantro, *chopped*
- ¼ cup red onion, *diced*
- 2 plum tomatoes, *diced*
- 2 tbsp. extra virgin olive oil, *divided*
- ¼ cup lime juice
- 4 black olives, *sliced*
- ¼ tbsp. crushed red pepper
- ½ tsp. each of salt and pepper, *or to taste*
- 1 tbsp. butter
- 1 cup cooked brown rice

1. Rinse shrimp (remove tails, if desired). Place in bowl and refrigerate.
2. Roast corn by adding to a hot, dry pan until slightly brown. Remove from heat to cool.
3. In a mixing bowl, combine cilantro, onion, tomatoes, 1 tbsp. oil, lime juice, pepper flakes, olives, salt and pepper, and cooled corn. Mix well. Cover & refrigerate.
4. Cook rice according to package directions. Set aside.
5. In a fry pan, on low, heat 1 tbsp. oil and butter. Pat shrimp dry, season with salt & pepper. Raise heat to medium, add shrimp, cook 1-2 minutes to heat through. Don't overcook.
6. Place ½ cup rice on each of 2 plates. Spoon salsa over rice, top with 6 shrimp on each, add remaining salsa.



Juicy. Sweet. Delicious.



KAITLYN BAKER
Nashville Recording Artist/Songwriter

Watermelon Summer Salad

SERVES: 4-6

- 5 cups watermelon, cubed
- 2 cups strawberries, sliced
- 1 cup raspberries
- 1 cup blueberries
- 1 lime, juiced
- 1 tbsp. agave syrup

- 4 mint leaves
 - 1 small bag chia seeds (optional)
 - 1 small bag coconut flakes (optional)
1. In a large bowl, add the watermelon, the strawberries, the raspberries, and

the blueberries.

2. Using a small bowl, mix together lime juice, agave syrup, and the mint.
3. Pour the dressing over the fruit salad and top with chia seeds and coconut, if desired.



GET REF

COOL DOWN WITH ONE OF THESE COLD CLASSICS.

ABBY J'S
BERRY SPRITZER

SUZY'S
FUZZY GREYHOUND



FRESHED

RECIPES EXCLUSIVELY AT [INGLES-MARKETS.COM](https://ingles-markets.com).



ANGELA'S
ROSEMARY TONIC

CLARK'S
TURBINADO MOJITO



DEBORAH ADAMS

French Food Made Easy
Trained in France then Adapted
for the Busy American Family

French Fruit Tart

SERVES: 6-8

CRUST:

- 1 frozen pastry crust,
thawed

VANILLA CREAM FILLING:

- 8 oz. cream cheese,
softened
- 1 tbsp. sour cream,
room temp
- 1 1/4 cup heavy cream,
room temp
- 3 tbsp. sugar
- 2 tsp. vanilla extract

GLAZE:

- 4 oz. apple juice
- 1/4 cup sugar
- 1 tbsp. cornstarch

FRUIT TOPPINGS

- 2 kiwi, peeled, sliced
- 1/3 cup blueberries
- 1/2 cup raspberries
- 1/2 cup strawberries, sliced

1. Preheat the oven to 400°F.
2. Roll out the crust in a circle to fit in a 10" tart pan. Be sure to allow for the dough to come up the sides of the pan. Gently press dough into the fluted sides. Dock crust by using a fork to punch holes into the bottom and sides of the crust. Loosely cover the bottom and up the sides with parchment paper. Put dried beans or baking beads on the parchment paper to line the bottom and against the sides of the pan. Put on a cookie sheet and bake in the oven for 20 minutes. Remove beans/beads and parchment paper and put back in the

oven for 5 more minutes until golden brown. Set aside to cool.

3. Prepare the vanilla cream filling. Mix the heavy cream for 2 minutes. Add the sour cream, cream cheese, sugar and vanilla to the bowl and mix another 2 minutes until smooth.
4. Prepare glaze. Combine cornstarch and sugar in a bowl. Heat the apple juice in a small saucepan until simmering. Add the cornstarch and sugar. Bring to a boil for

1-2 minutes while whisking to be sure it is smooth. When smooth and thick remove from heat and cool for 5-10 minutes.

5. Assemble the tart. Fill the tart shell with vanilla cream. Arrange the fruit on top. Brush with the glaze. Refrigerate until serving time. I like to leave it in the tart pan until ready to serve.

Having your filling ingredients at room temperature gives you the smoothest filling.

Everything's better on a stick!

*A bit fun,
a bit messy,
super easy,
and really,
really tasty.*



MICHAEL MCMURTREY
Graphic Designer & Food Stylist
blueplatecreative.com

Fresh Fruit Cobbler on a Stick

SERVES: 6-10

- 1 cup bananas, *sliced*
- 1 cup strawberries, *hulled*
- 1 cup cantaloupe, *balls or cubes*
- 1 cup red grapes
- 1 cup green apple, *bite-sized cubes*
- 1 (3.4 oz.) box of instant pudding, *I prefer lemon*
- 3 cups pretzel sticks
- 2 cups unsweetened coconut
- 1 cup vanilla sandwich cookies
- Kosher salt, *for finishing*

1. Place all of your fruit into a large mixing bowl and then add one package of instant pudding mix. Toss gently to coat all the fruit. Let sit to the side while you prepare the cobbler mixture.
2. Place pretzels, coconut, and cookies into a food processor. Pulse and blend until a powder is formed. Dump powder into a baking dish.
3. Create sticks of fruit and then coat with the cobbler mixture.
4. If you like salty/sweet, add a sprinkle of Kosher salt to the fruit sticks.



Catering *simplified*

FRESH
DELICIOUS
BEAUTIFUL
AFFORDABLE


ingles
the chef's kitchen

thechefskitchen.com